

HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH PEMAIN UKM BOLA VOLI UPI

SKRIPSI

Diajukan Untuk Memenuhi Sebagai Syarat Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH
PEMAIN UKM BOLA VOLI UPI

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan Program
Studi Ilmu Keolahragaan

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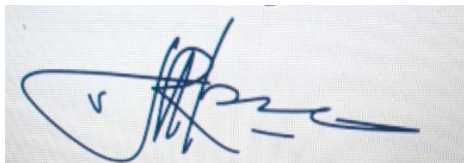
LEMBAR PENGESAHAN

HEPI GUNAWAN

HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH
PEMAIN UKM BOLA VOLI UPI

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ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH PEMAIN UKM BOLA VOLI UPI

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Ilmu Keolahragaan FPOK UPI

Pembimbing I : Prof. Dr. Herman Subarjah, M.Si.

Dukungan sosial dari orang lain dapat meningkatkan motivasi individu terhadap olahraga. Faktor dukungan yang positif seperti kegembiraan, investasi pribadi, dan peluang keterlibatan meningkatkan motivasi untuk berpartisipasi. Dukungan sosial yang dirasakan individu dapat diterima dari berbagai pihak, yang diberikan baik secara disadari maupun tidak disadari oleh pemberi dukungan. Motivasi adalah proses yang memberi semangat, arah, dan kegigihan perilaku. motivasi awal seorang atlet dipengaruhi oleh pelatih, orang tua dan teman satu tim. Tujuan penelitian ini untuk mengetahui apakah ada hubungan dukungan sosial dengan motivasi berlatih pemain UKM bola voli UPI. Metode penelitian ini korelasi menggunakan instrumen dua kuesioner *Sport Motivation Scale* dan *Social Support Quesioner*. Dengan hasil analisis data bahwa terdapat hubungan dukungan sosial terhadap motivasi olahraga. Hasil pengolahan data menunjukkan nilai sig. . (2-tailed) adalah $0,01 < 0,05$ maka H_0 ditolak.

Kata Kunci: social support, motivation and volleyball player

SOCIAL SUPPORT RELATIONSHIP WITH TRAINING MOTIVATION UPI VOLLEYBALL UKM PLAYERS

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Ilmu Keolahragaan FPOK UPI

Pembimbing I : Prof. Dr. Herman Subarjah, M.Si.

Social support from others can increase individual motivation towards sport. Positive support factors such as excitement, personal investment, and opportunities for involvement increase motivation to participate. Social support that is felt by individuals can be received from various parties, provided either consciously or unconsciously by the support provider. Motivation is a process that gives behavior, direction, and persistence. An athlete's initial motivation is influenced by the coach, parents and teammates. The purpose of this study was to determine whether there is a relationship between social support and motivation to practice volleyball UKM players UPI. This research method is correlation using two questionnaire instruments Sport Motivation Scale and Social Support Questionnaire. With the results of data analysis that there is a relationship between social support and sports motivation. The results of data processing show the sig value. . (2-tailed) is 0.01 <0.05 then H0 is rejected.

Kata Kunci: social support, motivation and volleyball player

DAFTAR ISI

LEMBAR PENGESAHAN	ii
KATA PENGANTAR	Error! Bookmark not defined.
ABSTRAK	iii
DAFTAR ISI	v
DAFTAR GAMBAR	vi
DAFTAR TABEL	vi
 BAB I PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Tujuan Penelitian	Error! Bookmark not defined.
1.4 Manfaat Penelitian	Error! Bookmark not defined.
1.5 Struktur Organisasi Proposal Skripsi	Error! Bookmark not defined.
 BAB II KAJIAN PUSTAKA	Error! Bookmark not defined.
2.1 Dukungan Sosial	Error! Bookmark not defined.
2.2 Motivasi	Error! Bookmark not defined.
2.2.1 Pengertian Motivasi	Error! Bookmark not defined.
2.2.2 Motif Berlatih	Error! Bookmark not defined.
2.3 Penelitian yang Relevan	Error! Bookmark not defined.
2.4 Kerangka Berpikir	Error! Bookmark not defined.
2.5 Hipotesis Penelitian	Error! Bookmark not defined.
 BAB III METODE PENELITIAN	Error! Bookmark not defined.
3.1 Metode Penelitian	Error! Bookmark not defined.
3.2 Partisipan	Error! Bookmark not defined.
3.3 Populasi dan Sampel Penelitian	Error! Bookmark not defined.
3.3.1 Populasi Penelitian	Error! Bookmark not defined.
3.3.2 Sampel Penelitian	Error! Bookmark not defined.
3.4 Instrumen Penelitian	Error! Bookmark not defined.
3.5 Prosedur Penelitian	Error! Bookmark not defined.
3.6 Analisis Data	Error! Bookmark not defined.
3.6.1 Deskriptif Data	Error! Bookmark not defined.
3.6.2 Uji Normalitas Data	Error! Bookmark not defined.
3.6.3 Uji Homogenitas	Error! Bookmark not defined.
3.6.4 Uji Hipotesis	Error! Bookmark not defined.
 BAB IV TEMUAN DAN PEMBAHASAN	Error! Bookmark not defined.
4.1 Temuan	Error! Bookmark not defined.
4.1.1 Deskriptif Data	Error! Bookmark not defined.
4.1.2 Uji Normalitas Data	Error! Bookmark not defined.
4.1.3 Uji Homogenitas	Error! Bookmark not defined.
4.1.4 Uji Korelasi	Error! Bookmark not defined.
4.1.5 Uji Hipotesis	Error! Bookmark not defined.

4.2. Pembahasan.....	Error! Bookmark not defined.
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BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI**Error! Bookmark not defined.**

5.1 Simpulan	Error! Bookmark not defined.
5.2 Implikasi Penelitian.....	Error! Bookmark not defined.
5.3 Rekomendasi	Error! Bookmark not defined.
DAFTAR PUSTAKA	Error! Bookmark not defined.

DAFTAR GAMBAR

Gambar 2.1 Konsep Kerangka Berpikir	17
Gambar 3.1 Langkah-langkah Penelitian	24

DAFTAR TABEL

Tabel 3.1 Hasil Uji Validitas Sport Motivation Scale.....	21
Tabel 3.2 Hasil Uji Validitas SSQ	23
Tabel 3.3 Kriteria analisis deskriptif persentase.....	25
Tabel 4.1 Deskriptif Data Social Support Questinnaire.....	28
Tabel 4.2 Deskriptif Data Sport Motivation Scale.....	28
Tabel 4.3 Uji Normalitas Data.....	29
Tabel 4.4 Uji Homogen.....	30
Tabel 4.5 Uji Korelasi.....	31
Tabel 4.6 Pedoman Interpretasi Terhadap Koefisien Korelasi.....	31

LAMPIRAN

Lampiran 1. Data Persetujuan Pembimbing	39
Lampiran 2. Instrumen Penelitian	40
Lampiran 3. Hasil analisis menggunakan SPSS.....	45
Lampiran 4. Surat Keputusan Pembimbing Skripsi.....	47

DAFTAR PUSTAKA

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